

Introversion v. extroversion

1 – Disagree 2 – cannot say 3 – agree

In cases describing situations that do not apply to you, select an answer that would be most likely if you ever found yourself in such a situation.

- ___ 1. I think strangers find me much more approachable than most people.
- ___ 2. When dealing with people I don't know very well, I feel I am quite reserved.
- ___ 3. When I am stuck with someone I don't know in a situation that requires conversation, I feel very uncomfortable and awkward with the situation.
- ___ 4. Public speaking and/or acting in front of large audiences rejuvenates me.
- ___ 5. Alone in a company of people I don't know very well, I am never the one who initiates conversation.
- ___ 6. A new kind of social interaction almost always energizes me.
- ___ 7. When the phone rings and I am not alone, I usually run to get it first.
- ___ 8. When I am about to make a phone call to someone I don't know very well, I rehearse what I will say so I won't make a fool out of myself.
- ___ 9. At parties, I am usually one of the last people to leave.
- ___ 10. At parties, I only interact with my few close friends and don't usually talk to anyone new.
- ___ 11. People like myself are, in general, very difficult to get to know.
- ___ 12. When I have some free time, I almost always like to do something with others.
- ___ 13. In my environment, there are more people I like than those whom I dislike.
- ___ 14. In general, I feel close to people who seem to be sociable and seen with other people.
- ___ 15. When I am alone I feel very comfortable and rarely get bored.
- ___ 16. I would always prefer to be around a close friend than someone popular.
- ___ 17. When something happens in a social group which I am part of, I am the first one to know.
- ___ 18. I am almost never approached by people I don't know
- ___ 19. I prefer sports where I can be part of a team, like soccer or rugby, than sports where I have to compete on an individual level, like tennis or golf.
- ___ 20. I never go to parties (by choice, because of lack of time or distance).

About Extroversion & Introversion

Imagine yourself at a huge tropical resort for a one-week vacation... Do you see yourself sticking to the poolside, taking the occasional stroll alone on the beach, maybe making one or two friendly acquaintances...or chatting people up wherever you go, quickly forming a group of summer-fun friends, & seeking out all the good parties?

If you picked the first one, you just may be an introvert. And if you picked the second, you just may be an extrovert. The key word in these sentences is **may** - extroversion and introversion is not the black-and-white characteristic many believe it to be.

The fact is that we all have a little extrovert and introvert in us.

Situational

We might, for example, act goofy when hanging out with our high school gang, but barely make a peep during office meetings.

Changes with life

And we certainly go through periods in our lives where we are more reflective or more social than usual.

Finding a balance

Knowing which way we lean on the scale can help us keep a check on sides of ourselves we may be neglecting. We can develop a deeper understanding of our relationships with others. Such insight can even guide us in our lifestyle choices (such as career).

Extrovert

Focus on

- the outer world of people
- interactive activities
- socializing

Outgoing

The life of the party

Introvert

Align towards

- the inner world of ideas
- thoughts
- feelings

Reflective & quiet

Prefer the company of a good book